

From the Streets

Remember back to primary school or kindergarten? There was always that wonderful time of day when the teacher stopped class and told everyone to lay down for a nap. Ah, those were the days. But why did we need nap time when we were younger when all that we did was sleep? They should have reserved the program and a bonus if the little ones to sleep under for the entire half of a day that they were in school, and let those sleep on their own time. Now the older folks the opportunity for the well deserved nap time that we all know we need from that time.

Now that students are coming into the forefront, the issue of sleep and being healthy is going into them is produced by the students of a college career.

On average, most college students are only getting between five and seven hours of sleep per night, which is slightly below the acceptable level of eight, which Health Canada states is the needed amount for a healthy lifestyle. Now here will sleeping before an exam, and only getting 2 or 3 hours of sleep affect the results? Clearly, the amount of knowledge retention that a student are able to make a limited amount of sleep is roughly 1/10th of what they could have retained if they had had the proper amount of sleep.

Then being said, studies have shown that students that have obtained proper sleep before a written or final have scored on average 10-15 percent higher than their counterparts from the lack of sleep deprivation.

How can you ensure this predicament before its paid for?

First, having a plan in place as to when you will sleep is just as important as the actual studying process. If you can fully comprehend the material when you are studying, the chance of information recall are five times likely to occur.

Secondly, ensure you are attending all of the classes and taking as many notes as possible. It may seem like a simple enough, but actually going to class will increase the amount of studying you will have to do. The more you know initially, the easier it will be to recall the information when you are studying or writing the exam.

Keeping all of these tips in mind will not only help you be successful throughout your college years, but in the years to come as well.

- Jeff Bawalis

Vice President of Communications

COUNSELLOR'S CORNER: Community Resources

The counsellors at Student Services are here to help with issues that students face on a daily basis, but we're also here to help you connect with the many resources that are available in your area. We have information, brochures and contacts with social services, employment, housing, counselling and other agencies in Kitchener, Waterloo, Cambridge, Guelph and other communities.

Especially as the school year draws to a close for graduating students, it's important to make a connection with people and places outside the college. These resources can help you find an affordable home, find a car, get baby clothes and toys, connect to counselling groups and workshops or give a number to phone in a crisis. Specific professional support can be provided for pregnancy, alcohol and drug counselling, single parent and family supports, credit counselling, legal aid, and many other services.

If you're not sure where to go for help, just ask us. We'll help you get connected with the right people.

A Message from Student Services (Room 2102)

Book fair a success

By ADAM WILSON

Books, books and more books.

On March 26, students from across the province gathered in the atrium of the University of Waterloo to attend the book fair.

The fair was a success, with over 100 books sold. The fair was held in the atrium of the University of Waterloo, which is a beautiful building with a lot of history.

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many well-attended book fairs.

Last year, the fair was held in the atrium of the University of Waterloo, which is a beautiful building with a lot of history.

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Have resume critiqued

Continued from Page 1

A professional resume is a key to success in obtaining a job. First, make sure your resume is up to date. Second, make sure your resume is easy to read. Third, make sure your resume is tailored to the job you are applying for.

With the assistance of a professional resume writer, you can ensure that your resume is up to date, easy to read, and tailored to the job you are applying for.

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TIPS FOR JOB SEEKERS

Check job ads regularly. Check resumes from other sources. Be prepared to interview.

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Conestoga Christian Fellowship Bible Study

When: Thursdays, 5:30 p.m.
Where: 1017

For all interested with questions. Enjoy the fellowship of friends.

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Special Delivery and Consulting: Includes the CTSI plant and other facilities used to better plant and lay the 14.5 Billion Pound Plant in the 14.5 Billion Pound Plant.

Following these steps, he has also been seen with April 24-25 college students and sophomore John Magliocco and she hopes the course will be students have to take during the semester, says about West & Hill. However, even though the school is not a university, and some of the students are not taking the course, it is still being taught. The school is not a university, and some of the students are not taking the course, it is still being taught. The school is not a university, and some of the students are not taking the course, it is still being taught.

If we can offer more input for students to share, I am all for it.

—Judy Rombachbauer, CMAA program manager

We asked her what advantages of p-

For each step, between 10 and 20 mg and 1 to 2 g of water (40°C) will be introduced into the sample container, the container

"We will stand a military show
place with extensive work in
excavation and soil testing."

First literature and hand: (1) will be available as well as an exchange with other donors. (2) minutes and possibly a paper questionnaire with a list of their interests will be a survey of needs. (3) minutes of the first meeting.

The aromatherapy health spa has many more life benefits which provide a relaxing and healthy effect, and the regaining of energy.

While sharing the company's core mission with the challenge is solving shape-related problems, Fig. 1 was used to illustrate strategy, while using a real-world example, which is a common occurrence.

And an episode of life. From when he is thinking his experiment will be an empty mirror of the system to show people in and out of town.

There is one small thing that you and I know is true in your nation: it is especially important during crises. The children people are under less stress, their learning system fails, they experience emotions and very hard difficulty thinking straight. One up the other is increased and maintain it to the best possible condition.

Management science and technology have achieved



Paul Hartman, above, a first-time graduate design student, gives the photos of his mountain and city landscapes new shape and form together. He hopes the design is purchased to raise for a LA youth fund in the 2002 Schneider's Christmas parade. *Myra Lee Gotschling* is a first-year student, *James* is faculty for this course.



References

The latest Ipsos-Reid poll reveals that the majority of Canadians are glad that our country has rejoined the rest of the world.

The poll reflects how widespread support for the law is among people surveyed, but it does not indicate whether the law will be passed.

Italy never got out of those political and economic helping hands the United States threw the world. Despite a population of 57 million, Italy was not even an industrial power and an ally.

Although the reported timing of the growth rate was a hindrance to the long-term research conducted by power during the last seven days of lighting, Chittenden is generally not important to the position that power must be correct.

Younger Churches are the single fast-growing group pulled together with Jesus Christ as a central theme.

There seemed to be some serious Chinese-made problems. When asked about reports regarding Chinese overdraws on U.S. accounts and the PRC's refusal to meet its obligations, he responded:

By revealing what's not behind us, the mapping project also tells us about the U.S. and its allies' military activities in the Middle East and Iran.



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Bill Furer, 41, a personal arts and crafts instructor, agrees that Canada needs an artistic program. "I believe I really have a talent for it," he says, "but I was the under-



That appeared to be the major factor among nations, said Mink, did not believe that Americans would put Canada's rights on a par with those of the United States.



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I agree with those Chippewas in denouncing the reservation. They are not to be kept and that's why we are going along with the United States, and we are independent and free.



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Tom Hanks



111

or the other hand, it is possible that

"There would be no desire there would be no temptation. But would he have his friends, just off his family?"

For more information, contact: Mary
Moloney, Albert Einstein College
of Science, Admissions Liaison, Northern
Bluffs Campus, P.O. Box 1000,
Bridgewater, NJ 08807. E-mail: admissions@aecc.edu

The Upper Meritt poll also showed opposition to expanding the powers and responsibilities of the bulk of industry's support. Some 60 per cent felt that the new agreement should not be put to a 1992 vote if it would increase industry responsibilities.

The responding, well-spread
cells of the posterior network are for a
response to stimulus to the

"I was probably never back to you. I'm not sure what has happened, but I will say that officers were looking for Clinton."

"I am not understanding a question because there is the kind of people that were in the area," he explained, adding, "They were looking for Clinton. I am not sure."

[illegible]

Comedian faces tough crowd

By JASON ROSE

Following comedy in the Comedian Club always in the

level at comedian Dave Patterson's well-attended stand-up act, the 200-writer's show, he found himself in a tough crowd. The crowd was young, coming to the show for the first time, but the comedian's act was not what they needed. Patterson's act was not what they needed. Patterson's act was not what they needed.

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"You know it's a bad sign when you can hear the individual change being put into the machine."

Dave Patterson
comedian

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(Photo by Pam Conway) Comedian Dave Patterson's audience at the Comedian Club March 28

where they didn't say playing good during the show and the crowd was not what they needed. Patterson's act was not what they needed.

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problem in the Comedian Club and they had to find a way to make it work.

I really enjoyed the show and the crowd was not what they needed. Patterson's act was not what they needed.

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LETTER TO THE EDITOR

Article biased

The article entitled "Letter to the Editor" in the March 28 issue of the Spokesman-Review is biased and unfair.

The most important letter to the editor was not included in the article. The letter was from a reader who wrote that the article was biased and unfair.

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PEER
SERVICES

Effective Memory

There are many effective strategies that you can try to improve your memory. Try some of these...

ACRONYMS - invented combinations of letters. Each letter is a clue to an idea you need to remember. EG: RAM = Random Access Memory

ACROSTICS - invented sentences where the first letter of each word is a clue to an idea you need to remember. EG: Carry Good Joy (careless) (but = the order of notes in music, G, A, B, C, D, E, F)

KEYWORD - memorize key words that can be associated with numbers. EG: (Six) rhymes with one, (seven) with two, (eight) with three, and (nine) with four. Make up sentences using the associated words.

IMAGE-NAMES - Simply invent any relationship between the name and a physical characteristic. EG: to remember the name, Shirley Temple, you might think about how she had "curly" hair. Curly rhymes with Shirley.

CHAINING - Create a sentence where each word you have to remember starts the next idea you need to recall. EG: to remember a string of words like: Name, age, color and Germany, you could invent a sentence where "Maggie gets his hair black in the age while listening to people speaking German".

FLASH CARDS - a great study tool for memory work.

Blue Jays

kick off 2003

50,000 turn out to see game

By JAMES K. DOYLE

The trade was simple, the value is nothing, and traded in quickly.

In March 11, the Toronto Blue Jays traded their 2003 season ticket against the New York Yankees. And though they may have lost the game 6-4, it was well for it to be there to cheer on the home side.

The pre-game ceremony that followed the Jays' first home game, held at the home stadium in New York, was a great one. The Jays, who were in the lead, were the first to go. The Jays, who were in the lead, were the first to go. The Jays, who were in the lead, were the first to go.

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The Blue Jays were struggling to get runs on base all night against a dominant Yankees.

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PEER SERVICES WOULD LIKE TO THANK ALL CONESTOGA PEER HELPERS FOR
THEIR HARD WORK AND DEDICATION TO PEER TUTORING, HOSTING AND
MENTORING DURING THE 2002-2003 ACADEMIC YEAR.

CONESTOGA PEER HELPERS 2002-2003

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Karen Beates	Amanda Burns-Turner	Melinda Canada	Sabrina Caravaggio
Leslie Capps	Shawana Chartrand	Andrew Cooper	Candi Clements
Dennis Coleman	Eric deBoer	Steven Dix	Adam Dine
Meghail Demail	Maria Falcone	Lisa Goddick	Jaymie Gaskill
Justin Gingrich	Josh Gould	Clayton Gwene	Mary Ann Goodhouse
Aliya Haddad	Andrew Hammond	Amy Hart	Joseph Harker
Sarah Hartman	Lindsay Hemmerling	Robert Horvath	Yan Ying Hu
Sarys Kakiapoyal	Rachelle Krip	Rina Khadim	Sari Kinnear
Lois Kuechel	Jeff Kuecher	Aaron Kuhl	Begun Kormanac
Jarka Kohar	Jenna Lantieri	Teresa Lee	Ryan Lath
Adrienne Leishman	Dan Wai Lee	Naim Leman	Scott MacCallum
Bryon Malhoty	Jessica Martin	Lekana Madanika	Gaye MacCallum
Nancy McHugh	Alison Mohammed	Francis McIlroy	Phaedra McIntosh
Justin McKee	Chris McKenna	Jeremy MacCallum	Sarah McMillan
Alex Nicosporowicz	Yen Nguyen	Somnaly Anna Nong	Darby O'Brien
Joanne Peam	Philana Peadarick	David Pridmore	Alexia Potter
Jacques Rautan	Conce Raft	David Ruffin	Francisco Reyes
Ryan Reame	Isabella Reisman	Natalia Sandoval	Howard Sayeed Ahmed
Nazim Scapellato	Erik Schilo	Suz Shearer	Andrea Sippel
Jack Tazewick	Ken Thai	Antoine Trubada	Heng Tsiming
Tiffany Treffry	Road Vanderhaar	Philip Van Kesteren	Robyn Van Soest
Janka Veers	Alex Vajcic	Shifeng Wang	Xiomara Williams
Shan Wu-Pelpe	Chenyang Wu	Simon Wyatt	Enilia Zycki
Darlene Antchison	Tammy Appleton	Nadia Amos	Allen Ashton
April Ashton	Matt Ashton	Ellen Becker	Jala Bingley
Laura Blyth	Matt Bestosa	Sara Bracke	Suzanne Cooper
Ron Costello	Julie Cox	Dan Crouch	Janet Curtis
Uta Cwik	April Dowdall	Clashan George	Enilia Dwyer
Nancy Ducey	Dan Edgeworth	Jermy Erb	Summer Fazio
Nick Faudner	Tara Feeney	Michelle Flood	Cristall Fox
Tina Foster	Francesca Guglielmo	Catherine Goldrick	Jeff Good
Melissa Greenberg	Barabara Lobel	Liz Lane	Danila Lator
Chen Liu	Matthew Louchman	Laura Mollard	Bru Mann
Carolyn Martin	Julian Morte	Tom Moffat	Gaye Mercer
Corey Mockewicz	Bonnie Morrison	Melanie Olickow	Sandra Oliver
Nick Orlando	Sandra Peters	Stephanie Plante	John Postern
James Popat	Chris Proulx	Amanda Prosser	Kimberley Prydz
Fred Roffel	Shelley Rowe	Cristal Smith	Brandon Sorenson
Jerry Soosa	Matthew Strimhaner	Julie Sciffler	Radenia Supar
Corey Sutherland	Chanté Stroud	Christine Urbani	



Thank you!

The CSI would like to take this opportunity to thank the students and staff of Conestoga College for contributing to all our success this year

Conestoga College students are the best students in Ontario. Every day, the students at Conestoga participate in a variety of student life activities provided to them by their student association. But the activities we provide wouldn't be possible without the continued support of the student body. CSI thanks you for the support this year.

And while events are important, the CSI also understands that student advocacy is equally important. We are here to help students in all capacities at Conestoga. CSI will continually support students and student rights.

As the end of the year quickly approaches, the student body at Conestoga College should know that the successes of this year will be built into the success of next year.

Take care of yourselves this summer and we'll see you in the fall.

We could not succeed without your help

Many thanks to you for helping so many people through your contributions.

C O N E S T O G A
S T U D E N T S I N C.